



GCSE Psychology



Personalised Learning Checklist

Name: _____

Exam Board	Edexcel
Topic/Module	Sleep & Dreaming

My target grade is	
Group	

My current Grade is:	Autumn:	Spring:	Summer:
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Use this checklist before your assessment to focus your work and after to check the effectiveness of your work.

G	I am confident about this topic and I know what I need to do.
A	I am not too sure about this topic. I may need to check with my teacher and spend more time working on this topic.
R	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to do it.

Topic/Unit Focus			
	R	A	G
Sleep cycle & influences on sleep			
Sleep disorders			
Freud's theory of dreaming			
Hobson & McCarley – activation-synthesis theory of dreaming			
Studies: Freud – Little Hans: Analysis of a phobia of a 5 year old boy.			
Studies: Siffre – Six months alone in a cave			

Identifying my gaps

Additional Support / Guidance
<p>Remember these simple steps to help prepare you for exam success:</p> <ul style="list-style-type: none"> • keep your keyword flashcards up-to-date and use them 2/3 times each week • start with learning five facts for any one study, model or theory (you can always increase this later) • look out for podcasts, television and radio programmes on the topics we cover – this really helps with the long answers